

Abstract of the Disclosure

The present invention provides a system that can provide contents of reliable quality. The hold state is held until a holding time elapses. If a network congestion is detected within the holding time, the state is 5 changed to a down state. When the holding time elapses, the state is changed to an up state. If it is found that there is no network congestion in the down state, the state is changed to the hold state. If it is found in the up state that the transmission rate reaches the maximum bit rate, the state is changed to the hold state. If any network congestion is detected 10 in the up state, the state is changed to the down state.